SHOPPERS DRUG MART
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Vancouver metro

Your essential daily news | THURSDAY, APRIL 23, 2015 High 10°C/Low 6°C Rain

metrosports
CANUCKS ON THE BRINK

SOME METAL WITH HIS JOE

A Coquitlam man claims he accidentally swallowed this piece of metal that he says was in his dark roast Tim Hortons coffee on Tuesday morning. Coverage in News. CONTRIBUTED

Pot shops face tough rules

BUSINESS

City looking to regulate medical weed industry

Emily Jackson
Metro | Vancouver

If you can't snuff 'em out, regulate 'em.

The City of Vancouver is proposing regulations for marijuana-related businesses after blazing growth in the unregulated sector over the past three years — and the new rules could force some shops to shut down or move.

There are more than 80 such businesses that operate in a legal grey zone within city limits, with the number growing from 60 in the last four months alone, according to a report going to council next week.

Medical marijuana dispensaries aren't exactly legal, but the B.C. Supreme Court has supported their right to operate. Vancouver police typically leave these businesses alone, but police have investigated a number over the past year due to complaints.

While the city recognizes the significant demand for marijuana-related services for medical purposes, the report states that must be balanced with concerns from police about crime at these establishments and the community about the impact on youth.

Under the proposed regulations, marijuana-related businesses would need to operate at least 300 metres away from schools, community centres, neighbourhood houses and other marijuana-related businesses. This would affect a large number of shops that are too close to public facilities, according to a map provided by the city.

Minors would be banned from entering or working in the shops.

They would pay an annual licensing fee of $30,000 to cover the "significant burden" to the city to create, manage and enforce the new rules.

Operators would also have to sign a good-neighbour agreement, obtain a development permit that requires community notification and only operate in commercial areas.

Applicants would need to go through a three-stage review process to get a business licence. The city recognizes this process will be costly and that it could take a long time to get everyone on board.

Council will decide next week whether to send the proposed regulations to a public hearing.

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Migrant crisis: Italy wants action from EU. **World**

Millions choose Metro

MEDIA

Latest newspaper survey results revealed

Luke Simcoe
Metro | Toronto

Metro is becoming the go-to news source for young Canadians.

Almost 3 million people read Metro once a week, and more than 1.2 million are daily readers, data released Wednesday by NADbank shows.

Some 60 per cent — or 740,000 — of the daily 1.2 million readers are between the ages of 18 and 49, with the most living in major hubs stretching from Vancouver to Halifax.

It's proof that Metro "owns the younger urban market in Canada," said vice-president and editor-in-chief Cathrin Bradbury.

"People are choosing Metro because it's a reflection of their lives and the cities they call home," Bradbury said. "It is the paper that best captures the essence of what they're passionate about and explains the issues they face."

John Cruickshank, publisher of the Toronto Star and president of Star Metro Media Group, said he's thrilled with Metro's readership growth in a number of cities, particularly those in Western Canada.

One of Metro's strengths is connecting with commuters. In Calgary, for example, where readership is 139,300 daily, its presence on transit is hard to miss. JENNIFER FRIESEN/FOR METRO

"While the capacity of others to cover the market shrinks, Metro — because it's focused on news delivery — will continue to rise in these crucial markets," he said.

The paper's appeal to younger people helps complement other Star Metro Media products, he said.

"What we have with the Star and Metro is the ability to speak across a very great breadth of the audience."

> **What we have with the Star and Metro is the ability to speak across a very great breadth of the audience.**
> John Cruickshank, president of Star Media Group

Metro is well positioned for future growth as more people move to urban centres, Bradbury said.

According to Statistics Canada, 81 per cent of people now live in urban areas. The divide is even more pronounced among the young, with only 17 per cent of 15- to 29-year-olds living in rural Canada.

Metro has made recent investments to expand editorial coverage of local news in each of its seven markets, Bradbury said. Plus, Metro updated its look in March with a modern redesign that takes delivering essential daily news to the next level.

"We want people to tuck the paper under their arms with pride," Bradbury said.

COURT

Judge frees couple from 'unfair' loan

Neal Hall
For Metro | Vancouver

A B.C. judge has found that a loan agreement signed by a Vancouver Island couple was unconscionable and has relieved the couple from making further payments.

Connor Financial Services of Victoria, owned by Gerry Connor, sued Christopher and Pauline Laughlin, claiming the couple owed more than $100,000 after taking out a $22,000 loan in 2000.

The court heard how the Laughlins, who have since divorced, were convinced by Connor to borrow the money to buy high-risk mutual funds.

> **They were babes in the woods when it came to these high-risk investments, and they believed Mr. Connor.**
> Justice George Macintosh

"They were babes in the woods when it came to these high-risk investments, and they believed Mr. Connor when he told them ... that if they followed his suggestions, they would be out of debt in three years," B.C. Supreme Court Justice George Macintosh said in his written judgment.

The loan had a 13 per cent interest rate, compounded monthly, but the fine print stated the interest rate could be changed at any time on 30 days' notice.

"As matters unfolded, Mr. Connor changed the interest rate to 36 per cent compounded monthly, or 42 per cent annual interest, in September of 2012," the judge noted.

"The Laughlins have paid $21,400 on that debt, yet the plaintiff asserts that its loan agreement with the Laughlins entitles it to a further $119,000, approximately, up to the start of trial, with more to be claimed after that. Simply to state those numbers is to expose the agreement for the radically unfair arrangement that it was," the judge pointed out.

"I find that Mr. Connor and his companies owed and breached a fiduciary duty to the Laughlins," the judge found, dismissing the claim of Connor Financial Services.

"I find the plaintiff's loan agreement with the Laughlins to be unconscionable. The Laughlins are relieved from further obligations under that agreement," said the judge, who noted that Connor had previous run-ins with financial-industry regulators.

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Boarders rushing to stop demolition of skate spot

MOUNT PLEASANT

Group hopes park board open to other solutions

Emily Jackson
Metro | Vancouver

Glenn Caseley hopes the park board will reconsider a recommendation to tear down the skate spot at Mount Pleasant Park, where his sons Theo, 11, and Django, 9, skateboard a few times a week.

"I feel safe with them riding their bikes here," said Caseley, an executive member of the Vancouver Skateboard Coalition, as his children practised on a sunny Wednesday afternoon along with a handful of well-behaved youth using the park.

The Vancouver Skateboard Coalition is organizing the local skate community to convince the Vancouver Park Board not to demolish the entry-level park, which was built just three years ago for more than $200,000 after two years of consultation with the community.

But the park board might destroy the skate spot or renovate it to appease neighbours who complain of excessive noise and too much use by adults, and not children. The park board is simultaneously suggesting a new, more challenging park be built in Jonathan Rogers Park, a light industrial zone a few blocks away.

The coalition was surprised to hear about the proposed changes on Tuesday, less than a week before the vote on the future of the skate spot. It hastily organized a meeting with park board staff on Wednesday to try to hammer out solutions.

"We would have loved them to go, 'OK, we're reconsidering everything,' but that didn't happen," coalition president Jeff Cole said, adding the meeting was at times tense.

The coalition plans to write a letter and draft a new proposal for the park. It suggests a living wall could stop the sound from travelling and irritating the neighbours.

Cole also suggested the park board assign a skateboard host to the facility and develop programming to encourage youth to use the space. The park board's report indicates there is a skate host there, but Cole said there hasn't been one since fall 2013.

"We just would like to come up with positive, creative solutions to making the skate park work for the neighbours," Cole said. "We hope we can convince the park board."

Caseley is also hopeful the park board will be open to other solutions. He sympathizes with nearby residents — "it is noisy" — but questions why the park board would act on their complaints after building the expensive park instead of during the consultation phase years ago.

Twenty-year-old Stone Friesen skateboards at Mount Pleasant Park on Wednesday afternoon. EMILY JACKSON/METRO

FRAUD

B.C. gives $70K to scammed woman

British Columbia's civil forfeiture office repaid $70,000 to a 91-year-old California woman who was tricked into giving away her life savings to a lottery scam.

The office seized a Vancouver building that it identified as the headquarters of an alleged ring of international fraudsters. The property sold for almost $900,000.

Justice Minister Suzanne Anton said Wednesday repaying fraud victims is "normal practice" for the office.

"That's been a long-established use of civil forfeiture funds," she said. "The fraud is established. The money is recovered. It is repaid back to the victims."

The office has been under fire for alleged aggressive tactics. It is currently facing a lawsuit from a West Vancouver woman who alleges it tried to seize her home before she was acquitted of human trafficking.

Charges or criminal convictions are not required for the office to initiate civil court actions to seize property believed to have been purchased with the proceeds of crime.

The Ministry of Justice released a statement, coinciding with Victims of Crime Awareness Week and announcing the return of the funds to the unidentified elderly woman.

The ministry said California police contacted Vancouver officers in April 2012 about the woman who was led to believe she'd won $7.5 million and needed to wire money to a Vancouver bank to collect her prize.

The resident of Hillsborough, Calif., transferred her money to a fake organization called the Australian Government Lottery but then couldn't reach the swindlers. THE CANADIAN PRESS

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HEALTH

BCNU and Island Health enter binding arbitration

Matt Kieltyka
Metro | Vancouver

Overburdened nurses in Nanaimo are in "absolute moral distress" and the rest of the province could soon follow, according to the B.C. Nurses' Union.

The union and Island Health entered into binding arbitration hearings in Vancouver on Wednesday over the Care Delivery Model Redesign, which was implemented at Nanaimo Regional General Hospital in September of 2013.

Nurses claim the new patient care model resulted in a cut of 48,000 nursing hours (replaced by unregulated care aides), has led to hundreds of lapses in patient care and has created an unsafe situation where each nurse is responsible for, on average, eight patients.

Before the start of arbitration, BCNU president Gayle Duteil told media the union will submit over 200 documents that show "things are going horribly wrong in Nanaimo."

"Patients are being used as guinea pigs in a flawed experiment that we say has failed miserably," Duteil said. "We fear that with intense budget pressures, more hospitals across B.C. will use it as a template for cost-cutting measures.

B.C. Nurses' Union president Gayle Duteil speaks to media before an arbitration hearing in Vancouver on Wednesday. MATT KIELTYKA/METRO

> **I've witnessed our senior nurses break down in tears because of the great distress and anguish they feel over not being able to provide safe patient care.**
> Kelly Charters, registered nurse

That's why it has to be stopped and that's why we're taking this case to full arbitration."

Kelly Charters, a registered nurse at Nanaimo hospital, said the switch to CDMR has taken its toll on staff.

"I've witnessed our senior nurses break down in tears because of the great distress and anguish they feel over not being able to provide safe patient care," she said.

Thee days of hearings with veteran arbitrator David McPhillips have been scheduled for this week, though Duteil expects the process to last for several weeks.

LABOUR

Government, BCNU begin safety talks

> **We continue to advocate on behalf of the nurses who are assaulted pretty much every week, every day.**
> Gayle Duteil

The president of the B.C. Nurses' Union says early negotiations with government to improve workplace safety have been positive.

Health Minister Terry Lake called an emergency meeting between government, the nurses union and Interior Health last week after a nurse was attacked by a patient at Hillside Centre in Kamloops.

The incident was the latest in a string of workplace assaults that have troubled the BCNU, amplifying its call for more safety measures such as increased security presence at health care facilities and equipping nurses with personal alarms.

Union president Gayle Duteil said the first meeting between the parties, on Tuesday, was productive.

"We are moving forward in our discussions," said Duteil during a press conference in Vancouver. "The nurse is home recovering. Talks were positive. We continue to advocate on behalf of the nurses who are assaulted pretty much ever week, every day."

Duteil did not know when any changes would be put into action. MATT KIELTYKA/METRO

RELIGION

Law society must pay university $70,000

The Nova Scotia Barristers' Society has been ordered to pay $70,000 in legal fees to a Christian university that prohibits its students from sexual intimacy outside heterosexual marriage.

A Nova Scotia Supreme Court ruling in January stopped the society from denying accreditation to graduates of Trinity Western University, saying it doesn't have the power to require law schools to change their religiously based code of conduct.

In a decision on Tuesday, the court ordered the society to pay $70,000 in legal costs associated with the case.

The university had argued it should be reimbursed $120,000, while the society argued it shouldn't have to cover any legal fees.

The law society said last month that it is appealing the January court decision because it has a mandate to protect the public.

It said the ruling may prohibit it from continuing to take on a wider role in the promotion of equality in all aspects of its work, including in the administration of justice. THE CANADIAN PRESS

Trinity Western University. CONTRIBUTED

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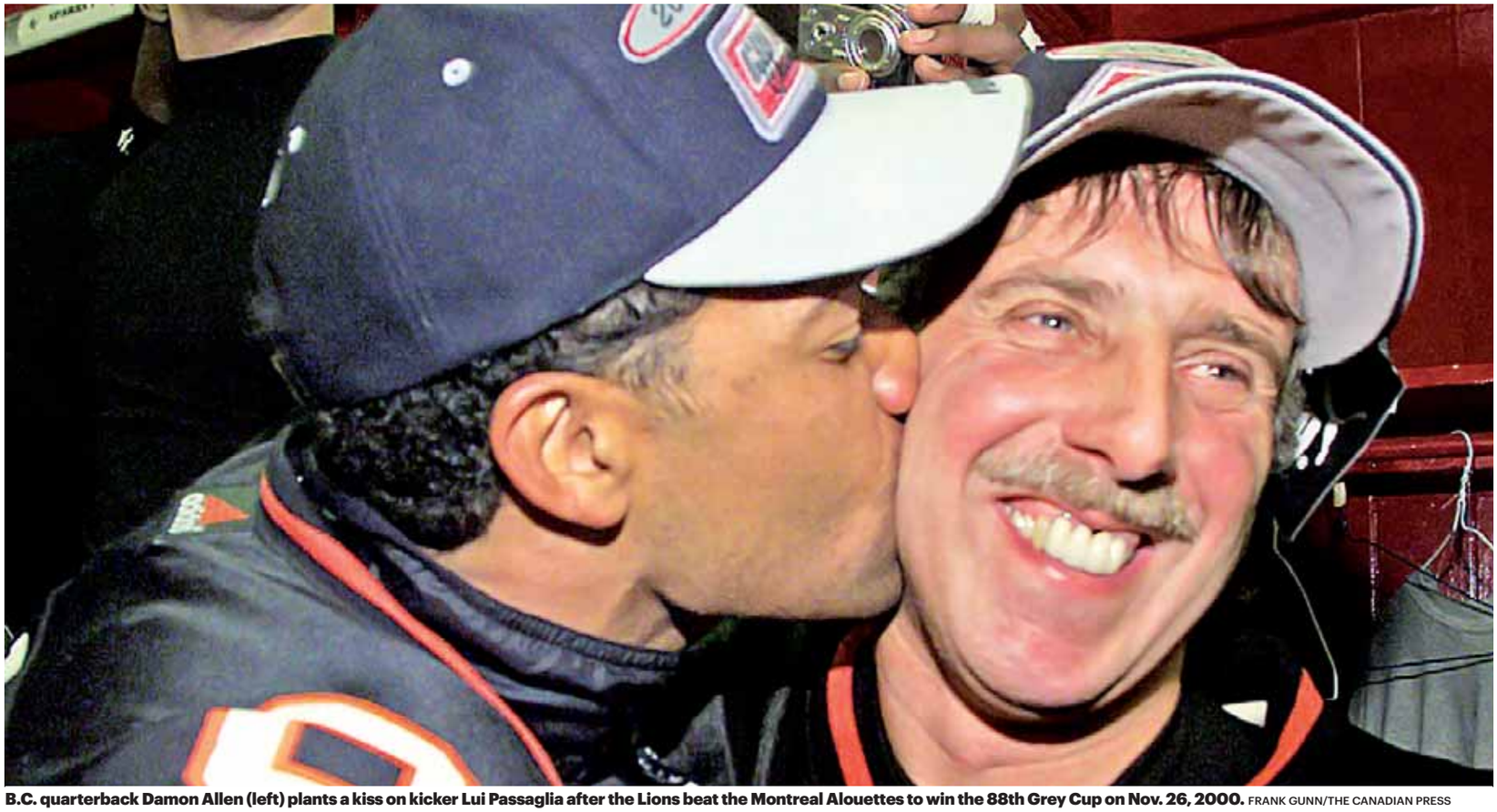

B.C. quarterback Damon Allen (left) plants a kiss on kicker Lui Passaglia after the Lions beat the Montreal Alouettes to win the 88th Grey Cup on Nov. 26, 2000. FRANK GUNN/THE CANADIAN PRESS

Kicking up cancer awareness

LUI PASSAGLIA

Former B.C. Lion opens up about battle with disease

Thandi Fletcher
Metro | Vancouver

One word sent Canadian football legend Lui Passaglia's world crumbling around him: cancer.

The former record-breaking punter and placekicker for the B.C. Lions was sitting in his doctor's office in late summer 2013, his wife by his side, when he received the devastating diagnosis.

"My doctor said, 'I think you have cancer,'" Passaglia told reporters during an emotional press conference in the B.C. Lions' locker room Wednesday.

"All of a sudden you're in another world when you hear the word cancer. You're sitting there and … thinking cancer. That means you're going to die soon."

Now in remission, Passaglia opened up about his battle with the disease at a news conference Wednesday to announce his involvement with Colon Cancer Canada's Push for Your Tush walk and run in Vancouver.

The event, taking place June 14, aims to raise awareness and funds for colon cancer research.

Before his diagnosis, Passaglia was getting ready to go on a trip to Europe when he experienced troubling symptoms that wouldn't go away.

> **All of a sudden you're in another world when you hear the word cancer.**
> Lui Passaglia

The lower back pain and bowel problems persisted for a month, and Passaglia decided to see his doctor.

Nearly five years earlier, Passaglia had undergone a colonoscopy that turned up normal.

He never suspected his symptoms could be the result of a two-inch tumour.

Passaglia underwent surgery, along with 5-1/2 months of chemotherapy and radiation treatment at the BC Cancer Agency, where he met other colon cancer patients and heard their stories.

Although Passaglia stayed silent throughout his battle, sharing his diagnosis only with family and close friends, he said he began to realize from his conversations with other patients the need for greater awareness about the colon cancer, affects more than 24,000 Canadians each year, according to Colon Cancer Canada.

"Going through the treatment and meeting people … there's an education piece to this," he said.

"(For) men and women … if they get screened early, this disease is preventable and beatable."

Amy Elmaleh, co-founder and executive director of Colon Cancer Canada, said Passaglia's involvement with the organization is a "huge opportunity" to raise awareness of colon cancer, which she said still carries a stigma for many people.

"People are so drawn to him," she said.

"We've been screaming from rooftops for years about colon cancer and getting screened, but I don't think we have the same impact as somebody who really has a following and a fan base. "

Although he is cancer-free today, Passaglia said he is living "day by day" and still undergoes testing every three months.

While the one- or two-day wait following every test is nerve-wracking, he said he "wouldn't change it for the world."

"When I was in that doctor's office and heard the word cancer, you don't even know if you're going to be around for six months or a year," he said.

If his involvement with helping raise awareness of colon cancer can encourage even one person to get screened, Passaglia said he would feel as if he has done his job.

For patients who have been diagnosed with late stage colon cancer, Passaglia has some advice: "Never give up."

"It's like football games," he said.

"When that clock expires, that's when the game's over."

PHOTO: Lui Passaglia speaks to reporters during a press conference inside the B.C. Lions' locker room on Wednesday. THE CANADIAN PRESS

Transit vote reaches halfway point

A SkyTrain makes its way across Vancouver. METRO FILE

TAX

Elections BC has received 495K ballots

Matt Kieltyka
Metro | Vancouver

Voter turnout for the transit plebiscite is picking up steam as Elections BC marked the halfway point of the voting period Wednesday.

According the chief electoral officer Keith Archer, Elections BC has received approximately 495,000 ballot packages to date.

Officially, 340,605 ballots have been processed and verified so far, amounting to 21.8 per cent of all registered voters, but Elections BC say more ballots are being returned each day.

Residents of 23 Metro Vancouver municipalities are being asked to vote on a proposed 0.5 per cent regional Congestion Improvement Tax, which mayors want to use to pay for their share of a proposed 10-year, $7.5-billion transit plan.

The plan includes region-wide transit and road improvements, a subway along Broadway in Vancouver, light rapid transit lines in Surrey and a replacement for the Pattullo Bridge.

Voters have until midnight on May 15 to request a voting package and ballots must be mailed in or dropped off (at plebiscite service offices) by 8 p.m. on May 29. Residents from the City of Vancouver have mailed in the most ballots to date (104,557), while the Township of Langley has recorded the highest turnout so far (28.4 per cent).

INFRASTRUCTURE

B.C. to get its share of transit cash: Minister

Industry Minister James Moore says British Columbia will get its fair share of federal infrastructure funding regardless of the outcome of a Metro Vancouver transit tax vote.

Speaking to a gathering of business leaders, Moore said the federal government would provide the province with promised investment dollars whether or not voters approve the historic transit plebiscite.

A proposed $7.5-billion public transportation overhaul over 10 years would include projects such as an upgraded rapid-transit system, a new bridge and additional buses.

"We know that our cities are getting more dense and more congested," said Moore, who was in Vancouver for a meeting with members of the B.C. Business Council.

The technically non-binding plebiscite gives citizens the option of a 0.5-per-cent sales tax increase to raise money to finance the massive investment.

As the Yes and No sides jockey for position, residents are trying to balance traffic woes in a growing region with what some are calling a tax grab.

Proponents say the upgrades are crucial to accommodate an estimated influx of one million people to the Vancouver region over the next three decades.

Opponents have condemned TransLink, the region's transit authority, as wasting taxpayers' money.

Moore pointed to $53 billion of cross-Canada infrastructure funding that the federal government has promised over the next 10 years through the New Canada Building Plan.

He also highlighted a yearly $1-billion public transit fund targeted for big cities and announced in Tuesday's budget.

Moore said provinces are not restricted to spending the new funding exclusively on public transit and that the money can be used for infrastructure including roads, bridges and tunnels. THE CANADIAN PRESS

DEADLINE

Ballots were mailed out in mid-March and must be submitted by May 29.

IN BRIEF

Former B.C. NDP member won't seek Green nom

Former British Columbia New Democrat Matt Toner won't seek the nomination for the Green party in the upcoming Vancouver-Mount Pleasant byelection.

Toner ran unsuccessfully for the NDP in the 2013 provincial election but earlier this month announced he quit to join the Green party.

Toner also said he was seeking the nomination in Vancouver-Mount Pleasant, but today says he's out of the nomination race and backing candidate Pete Fry.

THE CANADIAN PRESS

Chinatown restaurant destroyed in fire

A re-roofing accident led to the fire that destroyed a Chinatown building on Tuesday evening, according to Vancouver Fire and Rescue Services.

It took 60 firefighters to put out the three-alarm blaze that sent smoke billowing over the Downtown Eastside after it started shortly after noon on the roof of 142 East Pender St., home of the Daisy Garden Restaurant.

Luckily, no injuries were reported in the fire, VFRS spokesman Capt. Brian Hutchinson said in a statement.

EMILY JACKSON/METRO

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Man claims he found metal piece in Tim Hortons coffee

HAZARD

Company says it's aware of the case and is investigating

Thandi Fletcher
Metro | Vancouver

A Coquitlam man says he is horrified after swallowing a piece of metal that he claims was inside his Tim Hortons coffee.

Kyle Warkentin, 24, was drinking his regular coffee, a large dark roast, on Tuesday morning that he had just purchased at the Tim Hortons on Bridgeport Road near Oak Street when he felt something hard in the back of his throat.

A nursing student, Warkentin said he immediately forced himself to vomit and was shocked to find what came up.

"It was an inch-long piece of metal," he told Metro. "I was kind of in shock. You don't expect large pieces of metal to be in your coffee."

Warkentin said he believes the metal, which looks like a covering for a screw, may have come from the milk dispenser.

As he had already left the store, he emailed Tim Hortons customer service and sent pictures of the object.

Within 20 minutes, he received a phone call from head office that the company is investigating, he said.

On Wednesday, a Tim Hortons district manager contacted Warkentin and offered him a $45 gift card.

Kyle Warkentin was drinking his regular coffee, a large dark roast, on Tuesday morning that he had just purchased at the Tim Hortons on Bridgeport Road near Oak Street when he felt something hard in the back of his throat. CONTRIBUTED

"They're obviously trying to figure out what happened," he said. "But it's scary. If I swallowed it the wrong way and it went all the way into my system, that can do some serious damage to your intestines."

While he's impressed that Tim Hortons contacted him so soon after he reported the incident, he said he's still "in limbo" waiting to see what the company will do to ensure it doesn't happen again to another customer.

Tim Hortons employees "shouldn't have to worry about parts falling into coffee," he said.

"What if this was a glass of milk for a child, or a senior citizen?" he said. "It could have been much more serious. Luckily it happened to me."

On Wednesday, a spokeswoman for Tim Hortons confirmed the company is aware of the incident and is investigating.

"The health and welfare of our guests is of utmost importance to us," Michelle Robichaud said in an email. "As such, our team has been in contact with this guest and we have launched a full internal investigation."

Although he's still in shock about the incident, Warkentin said it hasn't scared him off from going to Tim Hortons again in the future.

"I'm a pretty intense coffee addict," he said. "But they need to take this seriously and remedy whatever happened."

> **"I was kind of in shock. You don't expect large pieces of metal to be in your coffee.**
> Kyle Warkentin

COURT

Boater gets time in prison

A Calgary boater has been sentenced to 27 months in prison for the death of an 18-year-old man he refused to help after hitting him on a B.C. lake.

Ryan Symington, 30, pleaded guilty to dangerous driving causing the death of Marco Corbin and leaving the scene of the accident four years ago.

The proceedings were briefly interrupted after one of the victim's three brothers cursed at Symington in the emotionally charged courtroom.

"Nothing this court does will bring Marco Corbin back," said provincial court Judge Gale Sinclair. "And it is even more tragic that when Marco died, his family died emotionally with him."

"The sentence, I know, will be totally unacceptable to Mr. Corbin's family. However, I am bound by precedent." Court heard Symington had been drinking vodka and beer throughout the day on Aug. 16, 2011, while driving his boat on Osoyoos Lake.

Around 9:15 p.m., Symington's boat hit a tube on which Corbin and two other men were riding as it was being towed by a vessel. Witnesses on Symington's boat told police they urged him to stop and help, but he refused and said he'd probably hit a log, Crown lawyer Mallory Treddenick told court.

Symington eventually called 911 and told the operator that someone was dying in the middle of the lake, but offered no other details, Treddenick said. Back on shore, bystanders, including a doctor and off-duty firefighter, tried unsuccessfully to revive Corbin. An autopsy later determined he died of head trauma.

THE CANADIAN PRESS

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NORTH SURREY

Man injured after car hits Starbucks

A man was taken to hospital with reported leg injuries on Wednesday afternoon, after a car crashed into the front entrance of a Starbucks in North Surrey.

The man was sitting outside the coffee shop on King George Boulevard and 104th Avenue when he was struck by a white sedan around 12:40 p.m., according to Surrey RCMP.

His injuries are non-life-threatening, police said.

The driver of the vehicle, who remained at the scene and is co-operating with investigators, was also taken to hospital as a precautionary measure, police said.

No one else was injured, but the coffee shop sustained significant damage, police said.

Mounties are continuing to investigate but the crash appears to be an accident, said Cpl. Scotty Schumann of Surrey RCMP.

Anyone with information about the incident is asked to call Surrey RCMP at 604-599-0502 or Crime Stoppers at 1-800-222-8477. THANDI FLETCHER/METRO

A white sedan crashed into a Starbucks in North Surrey on Wednesday afternoon, sending one man to hospital with non-life-threatening injuries. @BCBOISVERT/TWITTER

VANCOUVER ISLAND

Police dog catches man on the run

A police dog named Boomer has helped Mounties in Nanaimo collar a man accused of breaching his bail.

Police in the central Vancouver Island city say they responded to a complaint on Tuesday and found a woman breathing but unconscious in an alley and a man hiding in nearby bushes. They say the man ran away, the woman was taken to hospital, and police called in Boomer, who bounded across backyards and over fences before apprehending the man.

Police say the man was treated in hospital for dog bites suffered in the pursuit and is now in custody.

The woman did not suffer any serious injuries. However, police say she may have ingested the so-called date-rape drug as officers found a milk jug at the scene that contained a liquid believed to be GHB.

Mounties say a 43-year-old man is charged with breaching his bail conditions for allegedly having contact with the woman and possessing or consuming drugs or alcohol.

THE CANADIAN PRESS

Former Canadian prime minister Kim Campbell listens to a speaker while she is being introduced prior to addressing the Canadian Club in downtown Vancouver on Wednesday. JONATHAN HAYWARD/THE CANADIAN PRESS

Forget biases against women: Former PM

SPEECH

Kim Campbell speaks up on leadership, diversity

Former prime minister Kim Campbell says that despite the fact that a colleague once called her a "boring leader," she always felt compelled to get involved and engage people.

Campbell, who led the Progressive Conservatives for five months in 1993, gave the keynote speech on leadership at the annual luncheon of the Canadian Club of Vancouver.

She told the crowd of business people and politicians that great leaders are not only born but can be made when they're put in a particular situation.

"I think the world is full of examples of people who found themselves in the circumstance that forced them to discover resources within themselves they never knew were there."

The B.C.-born former lawyer called on business leaders to overcome biases against women and people of colour.

"When I was young, women asked to be included on the basis of justice and fairness. But women were often excluded in order not to compromise standards or the bottom line," she said.

> **"Now we know that diversity actually improves performance and that women in leadership positions actually improve the bottom line.** Kim Campbell

"Now we know that diversity actually improves performance and that women in leadership positions actually improve the bottom line."

Campbell now serves as the founding principal of the Peter Lougheed Leadership College at the University of Alberta.

She joked that she's had an interesting life since political retirement was thrust upon her by the Canadian electorate.

The event was held in honour of recent winners of the Order of Canada and the Order of B.C. THE CANADIAN PRESS

Burlesque assets on display

BACKSTAGE PASS

Local and international dancers to strut their stuff

Graeme McRanor
Metro | Vancouver

True story: The last time we featured a photo of a burlesque dancer in Backstage Pass, I went to the performance (part of Dances for a Small Stage) and, in between acts, got talking to an older gentleman who'd been quietly observing the various dances, all of which to that point had been quite noticeably NOT burlesque. In fact, that night, the dancer we featured in the column, Burgandy Brixx, was the only burlesque dancer slated for the stage.

In short, it wasn't a burlesque show.

When the gentleman, through said small talk, found out that I was the writer of Backstage Pass — and that he'd made a mistake — he produced the aforementioned column, neatly folded, from his back pocket. He carefully unfolded it, pointed to the burlesque dancer in the photo and asked, "What time's she on?"

Seems he wasn't really a fan of other types of dance.

There certainly won't be such confusion at the 10th annual Vancouver International Burlesque Festival, which takes place April 30 to May 2 at the Vogue Theatre.

Three days of sparkly, sensational *burlesque* shows, featuring more than 100 of the best local and international *burlesque* stars, including Midnight Martini, Iva Handfull, Judith Stein, Toni Elling, Mr. Gorgeous, the King of Boylesque and many more.

Check out the opening night's Throwback Thursday, which features seven acts from previous festivals, including Crystal Precious, Pink Flamingo Burlesque, the Starlet Harlots, and more.

Tickets are $35 to $65. More information at VanBurlesqueFest.com.

Midnight Martini will be among the performers in 10th annual Vancouver International Burlesque Festival, from April 30 to May 2 at the Vogue Theatre. CONTRIBUTED

IN BRIEF

Put the "U" in documentary

Lots of documentary action is coming to a theatre near you for the DOXA Documentary Film Festival, April 30 to May 10.

The opening film, How To Change the World, tells us the story of Greenpeace, "a potent and heartbreaking reminder that a determined bunch of scrappy humans can change almost everything."

More information at DoxaFestival.ca.

METRO

Seized rabbits bound for homes, not butcher

The SPCA says it has taken custody of 50 rabbits that were being raised for meat but were living in substandard conditions on a Vancouver Island property.

The society says it found many rabbits living in small cages, while others had no shelter, adequate food or water, and several were underweight and suffering from dental issues.

SPCA will recommend charges of animal cruelty be laid.

THE CANADIAN PRESS

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ADVERTISING FEATURE

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Real estate Investors looking for apprentice to partner on deals, no experience necessary…

Do you want to be recession proof? Do you want to be able to afford a home in Vancouver?

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His system will show you:

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- How to buy & sell US real estate using the Internet.
- How to have other people find you HOT DEALS!
- How to sell US properties lighting fast – when no one else can.
- How to access up to 95% in funding for your income property EVEN if you are deep in debt. And...
- How to earn big checks even if you never sell your US investment!

Once you start using his system, the profits and passive income are amazing. It's simple to do, and it happens fast when you know his "insider" secrets. And you don't have to quit your job – but you may decide you want to!

- You don't need to open an expensive office.
- You don't need a real estate license
- You don't need to spend a lot of time to start
- You don't even need to travel to the US – but you may want to spend some time in the sun visiting your money-making properties!

And if have ever wanted to explore Real Estate Investing but you were concerned by the soaring house prices in Vancouver, you're going to love this FREE training. This Mystery Multi-Millionaire's system lets you get profit-generating properties – in major US tourist areas – for less than 5% down!

This event deserves your attention, and here are just a few more reasons why you need to come to this event:

- Many parts of the US have not fully recovered from their recession, it is time to seize those opportunities now!
- Sometimes it isn't what you know, it's who you know – and when you know this Multi-Millionaire you'll also have access to his network of people and funds that can help you succeed in real estate.
- You care about your family, and you want the best for them. This event will open your eyes to all you can really do for the people you love when you are finally the master of your financial success.
- His strategies are for everyone, even if you have absolutely no experience in buying or selling properties.

He has already shown hundreds of people just like you the ways to invest successfully in real estate and his students' success just makes his success even greater. He's breaking his back to share his system with Canadians just like you because it works – and it can work for you.

This will be the best 2 hours of your life, but you have to register to get your seat at this event. Let this Multi-Millionaire give you his step-by-step system for real estate success. Clam your seat now and get a bonus gift, your **Million Dollar Investor Tool Kit for FREE! (A $187.00 value).**

You're asking – who is this Multi- Millionaire, and why does he want to help me? He can tell you himself...

If you're working hard these days without enough to show for it, I understand. I used to work hard myself – the 18-hour days – the 7-day weeks. I was a struggling musician – a concert pianist – trying to provide for my 4 kids in Montreal. I got married at 18 and had those 4 kids by the time I was 23, and I wound up a stay-at-home dad (not by choice!). But I never made real money until I discovered the secrets of investing successfully in US real estate – and then I was able to work a lot less.

Once my friends saw how well I was doing, they all wanted to get involved. It's funny – for 6 long struggling years, I had no friends, I was the crazy "black sheep" of the family who always needed to get a REAL job, and suddenly, they were all asking ME for advice!

I'm a national expert in the field of income-generating properties in the United States, and a Multi-Millionaire as well – and now I want to help the people rise above the real estate bust!

"I will make more money this year than I have made over the last five years. After attending this free training, I've found 7 properties thats a total of 14 doors tht will give me $8,000 per month after expenses."
— Dianan D., Ottawa, ON

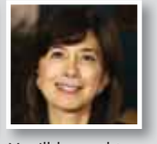
"I failed at Real Estate by myself, but with this amazing multi-millionaire's help I'm closing on 6 properties and I will have a net cash flow of over $6,000 per month."
— Steeve R., Montreal, QC

I was able to acquire two properties in Florida with ZERO down payment. These two properties generate over $20,000 annually in passive income...these properties also have a total of $130,000 in equity in the fastest growing market in America. I was able to do this by following the step by step system and I acquired it within weeks of attending the live training! — Kirpal B.

"I bought my first house for $170,000 and now it's up for sale for over $220,000. I will make almost $50,000 when it closess."
— Lana, Montreal, QC

"The support here is remarkable."
— Julian and David

"These guys are deal-oriented!"
— Cliff



You'll learn things you won't learn in any other seminar"
— Angelica

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— Stephen

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MOHAMED FAHMY FINALLY GETS A PASSPORT Canadian Al Jazeera English journalist Mohamed Fahmy holds his temporary passport Wednesday near Tora prison in Cairo, Egypt. Fahmy, facing broadly denounced terror charges, was finally given a temporary Canadian passport Wednesday. His original passport was seized during his arrest in December 2013. THE ASSOCIATED PRESS

Trudeau hinting at economic plan

POLITICS

Liberal leader promises to balance budget

Justin Trudeau is starting to show some of his economic cards now that the Conservative government has laid its election hand on the table.

The Liberal leader says he would reverse the Tories' plan to almost double the maximum amount Canadians can sock away in their tax-free savings accounts.

And he's promising that the Liberals would balance next year's budget should they win this fall's election.

Trudeau disclosed those details Tuesday, after the Conservatives laid out their economic and fiscal blueprint in the Harper government's 11th federal budget, its last before the October election.

He revealed another on Wednesday: he'd keep the Conservatives' plan to cut the 11 per cent small business tax rate by two points over four years.

However, he said a Liberal government would look at a different way of implementing the cut so that it wouldn't wind up benefiting primarily the wealthy, as many economists have predicted will happen. In addition to those particulars, insiders say Trudeau intends to unveil in the next few weeks a major economic plank from his party's eventual election platform.

Until now, Trudeau has offered sparse details — like promises to scrap the government's income-splitting measure and to roll back the age of eligibility for old age security to 65 from 67 — while steadily resisting pressure to reveal platform proposals before the fall campaign.

> **Our platform will be fully costed, fiscally responsible and a balanced budget.**
> Justin Trudeau

With the fiscal lay of the land now clear, he hinted broadly Wednesday that he'll be more forthcoming soon about Liberal economic policy.

In the absence of firm Liberal proposals, Trudeau has been criticized for failing to demonstrate he's got the policy chops to manage the country's economy. And the Conservatives have been repeatedly accusing him of planning to hike taxes and run up deficits. THE CANADIAN PRESS

Duffy's P.E.I. home plot thickens

Just days after he was formally sworn into the Senate in January 2009, Mike Duffy took deliberate steps that ensured he would collect living expenses totalling some $81,000 over the next four years, court heard Wednesday.

Crown attorney Jason Neubauer drove home the point that it was no accident Duffy declared his cottage in Prince Edward Island his primary residence, having consciously filled out the paperwork to do so.

As a result, his home in Ottawa, which he had owned for seven years prior to his appointment to the Senate, suddenly became his secondary residence.

The suspended senator has already pleaded not guilty to 31 charges of fraud, breach of trust and bribery, most of them linked to living and travel expenses which he claimed from the public purse.

On Parliament Hill, meanwhile, the question of Duffy's residency roared back to prominence.

For the first time, Harper appeared to suggest it was Duffy's fault for filling out forms that said he was resident in P.E.I., as the Constitution demands.

Duffy's lawyer, however, has argued that Duffy was operating fully within the rules of the Senate, as they were laid out when he was appointed.

THE CANADIAN PRESS

Calorie deficit taking its toll

CHALLENGE DAY 3

Metro reporter feels his energy flagging on a $1.75-a-day diet

Gilbert Ngabo
Metro | Toronto

There are those daily routines in life that you seldom expect to change.

Like the 30 or so pushups I do every morning before taking a shower. I've been doing that for so long that I don't even think about it. But since taking on the Live Below the Line challenge this week, I've started to feel my body letting me down.

It started Tuesday evening on my way home from work. As I sat on the train, I started reading an ESPN column that I had downloaded earlier about the NBA playoffs. That's what I do every day on my commute. But this time, I kept falling asleep before finishing two paragraphs. After many failed attempts, I pulled a book out of my bag, thinking my eyes were just tired of looking at screens. But I couldn't finish a page before dozing off.

It's not as if I was overly tired from work. Instead, it's a testament to the physical, emotional and mental toll that not eating enough can take on you.

I had lunched on a meagre meal of bean soup and a piece of pita bread, the same thing I planned to eat for dinner. The previous night, I had woken up on multiple occasions, checking the time and realizing I was still hours from starting my morning routine. And a sense of emptiness in my whole body kept reminding me that I was hungry. When it was finally time to get out of bed, I felt so weak I didn't even try for a few pushups.

Nutritionist Theresa Albert was shocked when I told her what I've been eating.

"Very poor diet," she said, advising that I need regular nourishment and more varied foods, as well as enough calories.

Studies show that men aged 19 to 30 should consume at least 2,400 calories a day to maintain a healthy body. With $1.75 as a daily food budget, I'm not even getting half of that.

If I continued on this diet for an extended period of time, some critical processes in my body would start to shut down, such as my brain and immune system, Albert told me.

It made me think of all the kids from poor families, going to school with half-empty stomachs. If I can't concentrate on reading a piece of news after only two days on this challenge, how are they going to sit in a class all day and follow their teachers?

The World Food Program estimates that more than three million children around the world die each year as a result of poor nutrition, and that more than 800 million people are going hungry. The hunger I'm feeling during this challenge serves as a reminder to appreciate life the way I know it.

LIVING BELOW THE LINE

The reporter: Gilbert Ngabo works for Metro in Toronto. He moved to Canada from Rwanda five years ago.

The mission: To live on just $1.75 a day for five days — a challenge made to all Canadians by the Global Poverty Project, which says that's the daily budget of those who live below the poverty line.

The series: Day 3 of 5, a tired Gilbert Ngabo sizes up his diet on $1.75 versus the ideal diet.

Follow Gilbert Ngabo on Twitter @dugilbo or at metronews.ca.

BY THE NUMBERS Health Canada versus the $1.75 diet

2400
Great calorie divide
885
The number of calories consumed by Ngabo in a day of eating two pitas, two servings of bean-tomato-mushroom-onion soup and 50 grams of Havarti cheese.
The minimum recommended daily caloric intake for a male aged 19-30, according to Health Canada.

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PARIS

Extremist shoots himself in the leg

An Islamic extremist with an arsenal of loaded guns was prevented from opening fire on churchgoers only because he accidentally shot himself in the leg, French officials said Wednesday.

The 24-year-old computer science student, who was also suspected in the death of a young woman whose body was found on Sunday shortly before his arrest, had been flagged as a risk for intent to travel to Syria but there had been no specific reason to open a judicial investigation, Interior Minister Bernard Cazeneuve said Wednesday.

Paris Prosecutor Francois Molins said the suspect — an Algerian who had lived in France for several years — was arrested in Paris Sunday after he apparently shot himself by accident and called for an ambulance.

He was waiting outside his apartment building for first aid when police arrived. They followed a trail of blood to his car, which contained loaded guns, and notes about potential targets.

A search of his apartment in southeastern Paris turned up more weapons including three Kalashnikov assault rifles along with phones and computers that police used to establish that he'd been in communication with someone "who could have been in Syria," Molins said at a news conference.

This person "explicitly asked him to target a church," Molins said, declining to answer questions about the investigation.

Police also found Arabic-language material that mentioned al-Qaida and ISIL in the man's apartment, Molins said.

There was no immediate evidence that the suspect had direct ties to any organized groups, said a French security official who was not authorized to publicly release details.

THE ASSOCIATED PRESS

IN BRIEF

Saudis launch airstrikes on Yemen rebels after saying operation was over

Saudi-led airstrikes targeted Iran-backed rebels and their allies in Yemen on Wednesday, hours after Riyadh declared an end to a nearly monthlong air campaign. The Shiite forces later said they would welcome United Nations-led peace talks to end a conflict that's killed hundreds without dislodging them from the capital.

The rebels, known as Houthis, say they call for a resumption of dialogue.

"We welcome any United Nations efforts that are on the side of peaceful solutions," Houthi spokesman Mohamed Abdul-Salam said in a statement, which came as thousands of angry Houthi supporters marched in the capital, Sanaa, denouncing what they described as "Saudi-American aggression."

The continuing Saudi-led strikes suggest that the U.S.-backed offensive, aimed at restoring Yemen's internationally recognized president, is entering a new phase in which military action will be scaled back but not halted.

The air raids hit rebel positions in the southern port of Aden and central city of Taiz as ground fighting between the rebels and their allies against supporters of exiled President Abed Rabbo Mansour Hadi continued in both areas, Yemeni officials said.

THE ASSOCIATED PRESS

Migrants crowd an inflatable dinghy as rescue vessel Denaro (not pictured) of the Italian Coast Guard approaches them, off the Libyan coast, in the Mediterranean Sea, Wednesday. In the background is a merchant ship.

ALESSANDRO DI MEO/ANSA VIA THE ASSOCIATED PRESS

Italy needs EU help on migrant crisis

HUMAN TRAFFICKING

Some 90% of smugglers' boats leaving from Libya

Italy pressed the EU on Wednesday to devise robust steps to stop the deadly tide of migrants crossing the Mediterranean, including considering military intervention against smugglers and boosting UN refugee offices in countries bordering Libya.

"We know where the smugglers keep their boats, where they gather," said Defence Minister Roberta Pinotti. "The plans for military intervention are there."

Some 90 per cent of smugglers' boats leave from Libya, where the lack of a central authority coupled with extremists affiliated with ISIL have contributed to chaos and lawlessness that have allowed criminal trafficking networks to proliferate.

Pinotti said Italy was willing to take the helm of any military intervention if asked and as long as it is carried out as an international mission, backed by the United Nations.

Pinotti spoke a day before EU leaders hold an emergency summit in Brussels called in the wake of a shipwreck off Libya last weekend that may have killed more than 800 migrants. It would be the highest known loss of migrant lives in a single incident in the Mediterranean.

Ahead of the summit, Premier Mario Renzi called for EU leaders to approve three key proposals: doubling the resources and assets of the current EU border patrol mission; destroying smugglers' boats and improving co-ordination across the EU for transferring asylum seekers.

THE ASSOCIATED PRESS

UN RESPONSE

UN secretary-general Ban Ki-moon is urging European leaders to act swiftly to address the growing migrant crisis during their emergency summit Thursday, and he says he will discuss the issue in his audience with Pope Francis next week. Ban urges European Union leaders to consider the UN refugee chief's proposals for a stronger EU search and rescue operation and more legal migration channels. THE ASSOCIATED PRESS

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Canadians targeted by firm over piracy

INTERNET

U.S.-based company seeks $150 to $450 from users

An L.A. company is asking thousands of Canadians to cough up hundreds of dollars each for illegally downloading videos, taking advantage of recent changes to the Copyright Act.

CEG TEK, an anti-piracy firm that works on behalf of content owners, has been emailing notices to Canadians via internet service providers (ISPs). The notices allege piracy on the part of the recipients and offer settlements, which range from $150 to $450, to "prevent legal action." The ISP TekSavvy recently posted a copy of one such notice online, and other recipients have also done so.

But Jake Enwright, press secretary for Industry Canada Minister James Moore, said that, while the notices don't violate Canadian law, "there is no obligation for Canadians to pay these settlements," adding that the ministry's aim is to combat online piracy not by penalizing consumers but by educating them that the practice is illegal and hurts content producers.

In an email interview, Kyle Reed, chief operating officer at CEG TEK, wouldn't confirm how many emails the firm has sent to Canadians or how many recipients have opted to settle. But Bram Abramson, chief legal and regulatory officer at TekSavvy, which has 250,000 customers, said his company forwards approximately 1,300 notices a day, over half of which are from CEG TEK.

Through the end of 2014, copyright holders or their representatives could send infringement notices to ISPs, but the ISPs were not legally required to forward the notices to end users. But changes to the updated Copyright Act, which came into effect on Jan. 1, requires that all infringement notices be forwarded.

What's more, there is no fee associated with sending these emails, Abramson said, despite lobbying efforts from the ISPs to include a small fee.

MEGAN HAYNES/FOR METRO

L.A.-based CEG TEK has been sending notices to Canadian users, asking anyone who illegally downloaded content for compensation. MARC FEMENIA/THE ASSOCIATED PRESS/ SCANPIX

market minute

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Thursday, April 23, 2015

Policy deficit hides behind the surplus

POLITICS
Chantal Hébert

In one of his more exuberant moments in the role of Conservative cheerleader, Public Safety Minister Steven Blaney called Tuesday's pre-election budget his "best-seller."

Listening to the Quebec minister on Montreal radio, one could easily picture him clutching the budget to his chest as he spoke.

It is even possible that he slept with the 300-page brick under his pillow. After all, it devotes an entire chapter to his public safety file.

Over the years Blaney's faith in Stephen Harper has been shown to border on religious and he has exhibited a zeal in defending the government's agenda that is second to none among cabinet members.

Still, in this instance, the minister's giddiness reflects the mood of his government colleagues as they fast-forward to the upcoming campaign.

Given a choice, it is a rare MP seeking re-election who would not prefer coming to a voter's doorstep bearing gifts.

Tuesday's budget fulfils most, if not all, of the fiscal commitments undertaken by Harper — starting with a fresh dose of tax relief now that the books are (tenuously?) balanced. Anyone holding out for that promised adult-fitness tax credit should know that it is work in progress ...

For better or for worse the budget reflects the philosophy of the ruling Conservatives.

They will be comfortable selling it on the campaign trail.

But the budget's greatest strength is also its main weakness for it stands to reinforce the very reason why a majority of voters opted to support one of the other parties four years ago.

Those voters were, for the most part, driven to other choices by a deficit of Conservative policy ambition on almost every front — from the environment to social programs — that used to account for a significant part of the mission of past federal governments.

Tuesday's budget compounds that deficit.

The environment is covered by a few paragraphs but the words "climate change" are blatantly absent from its numerous pages.

If anyone remembered that, back in 2005, offering Canadians a wait-time guarantee for medical care was one of the five priorities of the Harper Conservatives, he or she was not in the room when the 2015 budget was drafted.

So entrenched is the government's pro-tax-cut bias after nearly a decade in power that it chooses to offer relief to voters in less-than-pressing need rather than address policy areas in dire need of attention.

And so it is that Canadians who have $10,000 a year to spare on a tax-free savings account (TFSA) get a break, but urban commuters who endure daily traffic jams to get to work would have to wait for the second half of a fourth Conservative mandate before a major federal boost to public transit materializes.

Chances are swing voters still believe in a more activist government than the one Harper is offering.

A wise opposition would spend little time illustrating the fragility of the balancing act that has brought the Conservatives to exhibit a surplus in the budget.

That only undercuts the other parties' already reduced capacity to strike a credible course that is both different from that of the Conservatives and appealing.

The government's budget does paint the picture of steadily increasing budget surpluses — even after the full implementation of the latest round of tax cuts.

Choosing not to implement at least some of those cuts wouldn't necessarily come at great political cost. The government's spending priorities over the longer term are not cast in stone. They are subject to its re-election in the fall.

In the last election Harper made the promises he is now delivering conditional to the government's fiscal performance.

There is no reason why the opposition parties cannot similarly present Canadians with a blueprint designed to live up to the full ambitions of its authors over more than a single budget cycle.

With this budget, the Conservatives are hoping to bring back under their tent the voters who supported them four years ago but have since gone missing in the polls.

Many of them were Liberal sympathizers unhappy with Michael Ignatieff's campaign.

More than a few have come home since Justin Trudeau became party leader.

If they voted for Paul Martin or Jean Chrétien in the past, chances are those swing voters still believe in a more activist government than Harper is offering in this bare-cupboard budget.

Chantal Hébert is a national affairs writer. Her column appears in Metro every Thursday.

ROSEMARY WESTWOOD

metroview

We don't know their names, but they're still our problem

"I wish I had their names," the caller said.

Ronke from Greenwich was on a U.K. radio show debating controversial Sun columnist Katie Hopkins over the hundreds of thousands of migrants who are increasingly charting a dangerous course over the Mediterranean to reach the shores of Italy, and a life in Europe.

An estimated 800 people from Syria, Eritrea and other countries drowned on the weekend. Only 27 on board the boats survived, according to the UN. European leaders are in Brussels to push through an emergency plan that boosts patrol and rescue operations and increases efforts to settle migrants.

In a column that has sparked calls for her firing, Hopkins compared migrants to cockroaches. "Gun ships," like those deployed to keep migrants out of Australia, is the solution, she wrote.

Her "turn them back" ideology has support in Europe, and it doesn't fall far from the ideology behind our own government's effort to evict about 70,000 longtime migrant workers, so Canadians have first dibs on their jobs.

In the words of New Yorker writer Mattathias Schwartz, referencing illegal immigrants in the U.S., "the goal of Western immigration policy is to keep people out." And clearly it's not working.

"We can't afford at the moment to take on the problems of the world," Hopkins said during that radio call. "I do believe these boats need pushing back."

So simple, isn't it? Except it is, of course, not a solution.

The images of drenched and terrified survivors that covered newspapers this week is about so much more than any one person's desperate attempt to escape horrors at home. It is about colonial pasts, current wars, and corporate greed in countries like Eritrea, where there are allegations of a Canadian mine using forced labour.

It's about Western lifestyles dependent on poor nations with terrible human rights records (think Bangladesh and the garment industry). It is about politics, domestic and international, and identity — what your race and nationality says about where you belong. (An Ekos survey last month found that 41 per cent of Canadians think there are too many visible-minority immigrants.)

Hopkins can delude herself that none of that is an English, or Western, problem. I cannot.

The hundreds who died weren't the first, and they won't be the last. A reported 170,000 people crossed the Mediterranean last year, and more are expected in 2015.

We may never know their names, Katie Hopkins, but that doesn't mean their plight is not our problem.

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Sandra Bullock is the World's Most Beautiful Woman, according to People Magazine.

McLaren's modern malaise

Leah McLaren's new novel follows the unravelling of a relationship thanks to built-up resentments. LIZ BEDDALL/METRO

NEW NOVEL

Messy marriage tale unearths the roots of resentment

Melita Kuburas
Metro | Life

Leo Tolstoy was wrong when he wrote, "All happy families are alike; each unhappy family is unhappy in its own way" — all unhappy families are alike, too.

At least the families headed by 30-something, urbanite yuppies tend to be.

When the Russian author wrote the famous opening of Anna Karenina, the world hadn't yet been introduced to the troubled marriages of Nick and Amy Dunne in Gillian Flynn's Gone Girl, or, more recently, Nick and Maya Wakefield in Leah McLaren's new novel, A Better Man.

Both books follow the unravelling of a relationship in which two people come to resent one another in a way only former lovers can. In both marriages, that acrimony builds thanks to a blame-game dynamic that's a result of interrupted careers, manipulative personalities, infidelity, and uprooted gender roles.

"Having been in quite a few unhappy relationships, I have to say, it does feel quite similar," laughs McLaren, a London-based journalist who writes a column for the Globe and Mail.

She laughs at the comparison between her book and Flynn's blockbuster, which was turned into a movie last year. "I really hope that this book reminds everyone of Gone Girl, and every single person who bought Gone Girl can buy this book. Then my next divorce would be extremely expensive!" she jokes, during a visit this week to Toronto.

Divorce is the cloud that hovers in A Better Man, released by HarperCollins late last month, as the main character, Nick, suddenly becomes generous with his time and attention — remembering to bring the banana-nut bars during an outing with the kids, and not criticizing his wife's poor choice of wine at dinner.

He pretends to be the perfect husband on the advice of a lawyer — if he gives saving their marriage a college try, his wife, Maya, will be guilt-ridden enough to take it easy on him in their divorce settlement.

The premise is based on an actual trick used by high-billing divorce lawyers, McLaren says.

"It's quite the cynical ruse, but not unheard of in the annals of family law, as horrifying as that might seem," she tells Metro. It's especially not unheard of in London, where the "super rich of the world" have had to divvy up their assets according to England's equitable divorce policy, she adds.

"I wanted to write about that stage of life of being married and having small children, and just how very, very intense it is," McLaren says. "Suddenly there's this crazy intersect, particularly for women, when the biggest years of career coincide with the same years you're supposed to have children. And it's just insane."

Career-driven women who leave their jobs may throw their energy into attachment parenting, as does Maya, an attorney who finds herself traversing between toddler yoga classes, the gym and therapy sessions. She gets her thrill from visiting a posh salon in a gritty neighbourhood, and worries she has become "a hopeless bourgeois cliché — an overeducated, underemployed housewife on the verge of an affair with her personal trainer."

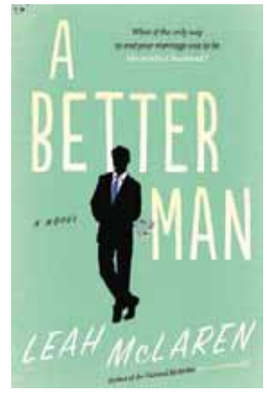
In other words, she's the opposite of "Cool Girl," as ranted against in Flynn's novel by Amy Dunne. "Being the Cool Girl means I am a hot, brilliant, funny woman who adores football, poker, dirty jokes, and burping ..."

Maya's all-consuming, helicopter approach to parenting becomes a turn-off to Nick, who imagines sex with his wife as a kind of "erotic duty."

"Nick and Maya fall into stereotypical gender roles, and that's part of their problem," McLaren says.

"There is a real division of labour that happens and as women give birth it will often end up being a woman who then (makes) concessions, career-wise," she says.

The resentments that rise up as a result — her loss of status, his sense of being shut out of the family — turns out to be the book's exploration of what in modern times has become a common problem.



> **He's living a life of distraction. All the women, all the booze, all the work. The beautiful, tailored exterior — it's all just a big sideshow.**
>
> Leah McLaren, on similarities between her main character, Nick, and Mad Men's Don Draper, another of pop culture's bad husbands

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Time puts its best face forward

WATCHES

Make the latest timepiece trends work with your style

Jesse Ship
Metro | Life

Konstantin Täts (aka @spentologist) is a self-professed watch hoarder who boasts over 25 timepieces in his collection — yet he still can't help checking the time on his phone every once in a while.

Digital technology has become ubiquitous these days from toasters to car engines, and while he's a fan of the innovation of the Apple Watch and newly announced partnerships from the likes of Tag Heuer and Microsoft, Täts, a Toronto-based commercial realtor, will always be in love with the mechanical aspect of his timepieces.

"Every day I put on a watch, no matter what I'm wearing because it can be made to be both luxurious, sporty and fashionable depending on the way you dress it up or down. As well, a watch's movement has a similar beat to our hearts — it's a very natural thing to wear."

To check out what other watch enthusiasts are sharing online, follow #RedBar on Instagram.

Täts says the meetups he takes part in are "a bit of an exclusive club ... since sometimes over two million dollars worth of glass are on the table. But if someone wants to attend and they are a watch person, then we can work things out."

We spoke to experts about five of the more interesting watch trends on the market these days, and how to make them work with your look.

1 The Antique Pocket Watch

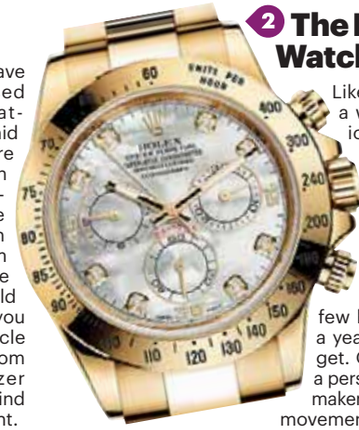
The owner may have received it passed down by a great-grandfather who hid it who knows where during time spent in the trenches of Gallipoli, or maybe the owner is just be an unabashed steam punk fanatic. Exude an aura of old world sophistication as you adjust your monocle and pull one out from your tweed blazer breast pocket to wind the daily movement.

3 The Swatch

Launched in the '80s, Swatch set the Swiss economy back on fire with their low price points, cheery designs and interchangeable straps and faceplates. Despite their plastic bodies, quartz movements, and a plethora of commemorative editions, the populist brand still pushes out sought-after collectable pieces, especially the recent Sistem51 ($150), a mechanical marvel made by a robot, composed of just 51 parts. Sporting a Swatch shows that you're a fun-loving individualist who doesn't take life too seriously.

4 The Trendy Watch

Timepieces with overstated faceplates are bound to get attention and help you stand out from the crowd at the club or in the boardroom. Diesel's ($170-$510) monstrous and metallic shiny bodies, Michael Kors' ($300-$579) signature rose gold and tortoise tones and U.K. newcomer Olivia Burton's ($120 - $230) vintage-inspired faces are snapping up customer sales. The trend is also seeing retail trendsetters like J. Crew teaming up with Timex ($114 - $172) for vintage-inspired military watches with quartz movements to keep the look perpetually in style.



2 The Mechanical Watch

Like a well-crafted Porsche, a well-maintained mechanical watch will most likely outlive its owner. Some — like the Rolex Paul Newman (starting at $25,000) or Daytona (starting at $10,000), may never go out of style, but for the serious collector, a "grand complication," made of a few hundred parts that takes a year to make is the ultimate get. Owners claim they create a personal bond with the watchmaker by wearing one due to the movement's fine-tuning.

5 The NATO

First introduced to the public by James Bond's Goldfinger (1964) where it was used to secure his Rolex Submariner to his wetsuit, the British military picked up the woven nylon style for their soldiers in the '70s. Today, NATOs have reached mainstream, and interchangeable straps can cost as little as $15 and go up to hundreds as crafty independent designers like Coq Straps and AP Bands have made use of fine leathers and stainless steel components for added personal flair. That might have the watch snob in your life giving the NATO a second glance.

IT'S ALL ON THE WRIST WEARING AN APPLE WATCH FROM DAWN TO DUSK

Apple's first new product in five years — and the company's first wearable gadget — makes its debut today in nine countries, including Canada. Apple Watch (from $449) is worn on your wrist like a regular watch, but Apple's "most personal device we've ever created" goes above and beyond merely telling the time — especially when there's a nearby iPhone 5 or later to unlock its full functionality. A glimpse at how Apple Watch could revolutionize your day. MARC SALTZMAN

7 a.m. Apple Watch's vibrating alarm wakes you – without disturbing your significant other. While getting dressed, you glance at the animated watch face which also shows the current weather and when your first appointment is.

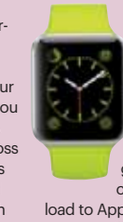
7:45 a.m. Raise your wrist and say "Hey Siri, Workout." Select "Outdoor Run" from the list of exercises, followed by a time, calorie burn or distance goal. Bluetooth headphones let you listen to music playing on the watch. Your watch can calculate your heart-rate after the run.

10:09 a.m. While at the office you feel a tap on your wrist and look at the screen: "BBQ for dinner?" While you could reply with a pre-set answer or dictate a new one, instead you send an animated thumbs-up. While you're at it, tell your watch to remind you to pick up flowers at 5 p.m.

1 p.m. Apple Watch notifies you of an upcoming appointment at a new café. You're not quite sure where it is, so you tap to open the Maps app to get turn-by-turn directions. A call comes in while walking down the street. Answer it on your watch and leave your phone in your pocket.

3:30 p.m. You've been sitting at your desk for a long while, so your wrist buzzes to tell you to stand up and move around a bit. While getting a glass of water from the cooler you check the Activity app on the watch, which shows how close you are to your daily movement goals.

8:05 p.m. Your favourite basketball team is up 20 points at half-time — something your wrist discreetly tells you while taking a walk. A couple of swipes across the screen also shows some email you need to deal with later and a reminder to check into tomorrow's flight to New York.



10:09 p.m. After a relaxing round of Trivia Crack — one of the games you can download to Apple Watch — you realize it's time to charge it up. Attach the magnetic charging "puck" to the back of the watch and plug the other end of the cable into your computer's USB port.

ALL PHOTOS CONTRIBUTED; APPLE WATCH PHOTO ILLUSTRATIONS: DAVID VAN DYKE

Ben Affleck lobbied the host of Finding Your Roots to not reveal on the program that he had a slave-owning ancestor. GETTY IMAGES

Ben whitewashed slave owner roots

SONY HACK

Star wanted information omitted from PBS program

PBS is conducting an internal review following revelations that producers of Finding Your Roots may have violated the network's editorial standards after a request by Ben Affleck that the program not reveal he had a slave-owning ancestor.

Meanwhile, Affleck has expressed regret for seeking to have the information omitted from the episode that featured the actor and aired last October.

"We deserve neither credit nor blame for our ancestors and the degree of interest in this story suggests that we are, as a nation, still grappling with the terrible legacy of slavery," Affleck posted on his Facebook page Tuesday night.

The review by PBS and New York station WNET began Saturday, according to a statement released Tuesday by PBS spokeswoman Anne Bentley.

"We have been moving forward deliberately yet swiftly to conduct this review," she said.

In his Facebook post, Affleck acknowledges that, initially, "I didn't want any television show about my family to include a guy who owned slaves. I was embarrassed."

He says he lobbied Henry Louis Gates, the Harvard scholar who hosts and produces the show, "the same way I lobby directors about what takes of mine I think they should use."

"It's important to remember that this isn't a news program," Affleck said of Finding Your Roots, which traces the ancestry of well-known guests. Affleck's request came to light last week in hacked Sony emails published online by whistleblower site WikiLeaks.

Gates and PBS said then they didn't censor the slave-owner details. Instead, more interesting ancestors of the actor emerged and Gates chose to highlight them instead.

THE ASSOCIATED PRESS

GOSSIP NOTES

Garfield and Stone's web has permanently unwoven

After dating for more than three years, Andrew Garfield and Emma Stone went on a "break" two weeks ago. But unfortunately this is no Ross and Rachel situation. According to Us magazine, a source close to the couple says they are done for good. Apparently, Andrew got a little too into character preparing for his role in Silence. "He's been in a dark place for months getting into the role. He wasn't being the best partner," a source tells the magazine.

Jenner fuels speculation over upcoming interview

New photos appear to show former Olympic athlete Bruce Jenner in a striped dress outside his Malibu home. The New York Daily news published the photos a couple of days prior to Jenner's scheduled interview with Diane Sawyer. The interview is believed to be about Jenner's coming out as transgender. The Daily News reports that Jenner has been seen also wearing a sports bra: "A photo of the former Olympic gold medallist wearing what appeared to be a sports bra while riding his Harley Davidson motorcycle emerged Monday, leading many to assume the star had already undergone breast augmentation surgery." ABC will air the interview on Friday. METRO U.S.

No purchase necessary. Contest open to residents 18 years of age or older. Odds of winning depend on the number of eligible entries received. One grand prize to be won; value is $576.49, fourteen secondary prizes are each valued at $25. Skill-testing question required. Contest closes April 27, 2015 at 9:00 a.m. Complete contest rules at clubmetro.ca. ©2015 MARVEL

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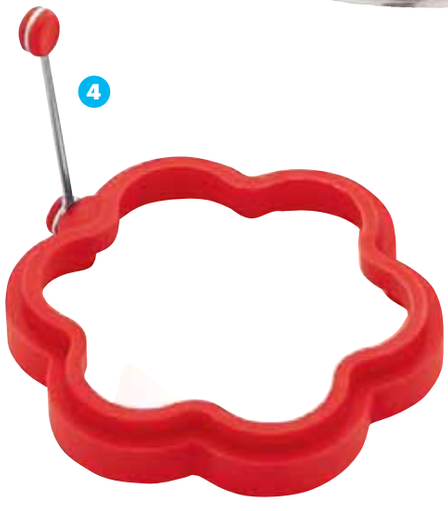
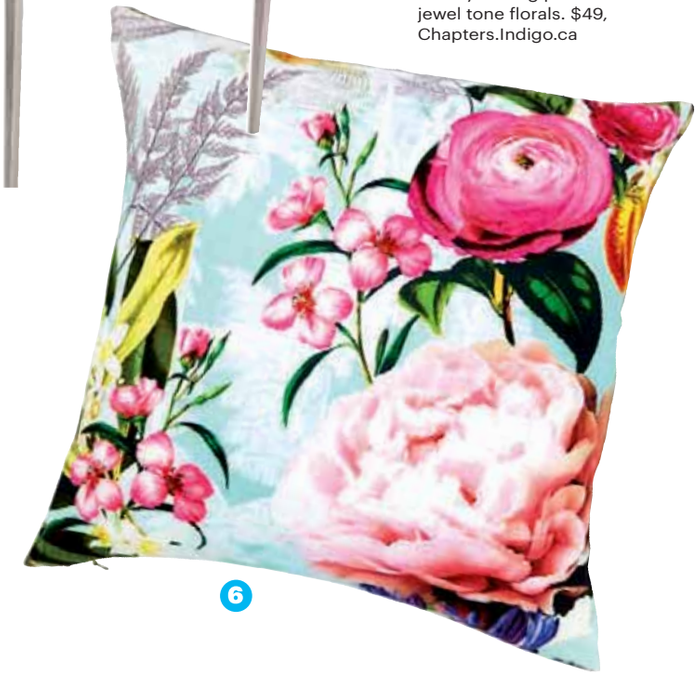
Sofas were a hit at this year's Milan Furniture Fair

Florals unfurl in spring decor

DESIGN CENTRE
Karl Lohnes

Punchy, graphic and bright floral patterns offer a pretty, modern edge this spring; let them bloom with these stylish accessories.





1 Cece Organic Duvet
Organic cotton duvet cover shows off a botanical scene of giant dahlias. $130, PotteryBarn.com

2 Faux Floral Arrangement Everlasting floral arrangements add a burst of summer colour. $35, Homesense.ca

3 Asan Kantha Chair
Sit pretty on this occasional chair featuring a mix of industrial and floral. $750, CB2.com

4 Flower-Shaped Pancake Ring
Making pancakes and eggs just got a lot more fun. $5, CrateAndBarrel.com

5 Allyson Johnson Bold Floral and Dots Shower Curtain
Add a summer garden to your bathroom. $90, UrbanOutfitters.com

6 Daydream Floral Pillow With Feather Insert
Escape to a blooming garden by adding pastel and jewel tone florals. $49, Chapters.Indigo.ca

4 THINGS TO SHINE AT THE MILAN FURNITURE FAIR

The recent Milan Furniture Fair, the biggest event in interior decorating and design, has presented the latest looks for your living room. Here's an overview of the core components of the family room: the armchair and the sofa, featuring bright colours, a customizable creation and mutant mattress. **AFP**

1 The self-made seat

Frenchwoman **Matali Casset** designed a sofa made from a system of individual modules that can be carried like suitcases for Italian furniture company Campeggi. (Price upon inquiry)

PETITE FRITURE

CAMPEGGI

MOOOI

1 The Charles chair

For Dutch brand **Moooi**, designer Marcel Wanders has created a red, blue, yellow and white armchair that evokes somewhat the work of his compatriot, painter Piet Mondrian.

2 The modular sofa 'Grid'

For **Petite Friture**, a relatively new French design brand, design duo Pool created the "Grid" sofa. Its geometric shaped elements can be arranged as you like. Available in grey, dark blue and mustard or grey, brick and coral, it can be fitted with a semi-circular detachable wooden table. (€2950, approx. $5,500 Cdn.)

MOROSO

3 The 'Matrizia' sofa

Halfway between sculpture and furniture, the name of this sofa by Ron Arad, "Matrizia," is a combination of the words "mattress" and "Patrizia", the name of the creative director of the brand Patrizia **Moroso**. According to website dezeen.com, the Israeli designer came up with the idea for this "sofa-mattress" after seeing a discarded mattress in the street while out for a walk in New York City.

Yes you can make your own curtains

DIY

Drapes project requires few inexpensive materials

Marianne Hayes
Metro in New York City

One creative, simple way to spruce up your home for spring is to change out heavy curtains for light, airy drapes. The good news is that letting the light in doesn't mean you have to spend a fortune on new decor.

Instead, check out these budget-friendly DIY projects that'll leave your windows looking like they came out of an Anthropologie catalogue.

BALANCING HOME

DOGS DON'T EAT PIZZA

Plain white curtains have been painted with stencils (left), handwritten curtains (centre), and no-sew burlap curtains (right) are perfect for spring.

FOUR GENERATIONS UNDER ONE ROOF

Bang from burlap

Burlap isn't necessarily a fabric that traditionally screams spring, but (if done right) it can actually give your living room a crisp, fresh feel. Another kicker? It's a no-sew project that's relatively inexpensive to pull off.

"Our family room had so many windows that I needed to find an inexpensive way to add drapery without breaking the bank!" says Jessica Bruno of Four Generations One Roof. "I purchased burlap for under two dollars a yard and made my own no-sew curtains."

Bruno completed the look with just three and a half yards of burlap, which covered 10 large windows. The finished product is airy and light — perfect for spring. It's also easy to swap out when the seasons change.

For full instructions, go to http://www.fourgenerationsoneroof.com/2013/03/how-to-make-curtains-using-burlap.html.

Written messages

A Sharpie is all you need to pull off this next look, which uses your own handwriting and some creative messaging. Just be sure to use a permanent marker; not a paint pen. Putting a piece of cardboard under the curtains while writing is also a good idea.

"The hardest part is deciding what to write," says Karen Cooper of Dogs Don't Eat Pizza. For her kitchen curtains, Cooper decided to write a variety of cooking-related words (like "bake," "mix" and "stir") in varying cursives and prints.

And if the curtains get dirty over time, washing them won't smudge the writing. Just throw them in the gentle cycle in cold water.

Stencil treatment

Whether your home is ultra-modern or boho chic, printed curtains can help accentuate the tone and feel.

Instead of dropping money at Crate and Barrel, opt for plain cotton drapes from any home store — then kick them up a notch by painting on a cool pattern, using fabric paint and a stencil roller.

Before you let the intimidation set in, keep in mind that you'll be using a stencil.

Megan Bray over at Balancing Home says the trick to stencilling is to avoid using too much paint.

She also advises putting some muscle into your rolling to produce the best final image.

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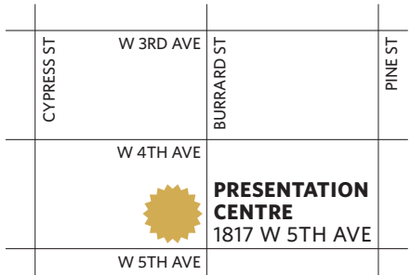

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W5

Street art for your own wall

DECORATING

Artist Toxic designs wallpaper for Pierre Frey

Street artist Toxic. DOROTHÉE DEMEY/PIERRE FREY

The prestigious Parisian wallpaper and fabric maker has teamed with American street artist Toxic for a collaborative collection.

In an exclusive tie-up, Toxic and Pierre Frey have produced fabrics ($312/metre), wallpaper ($295/metre) and a panoramic wall covering (3.5 metres wide and 2.5 metres tall, $1,380), all featuring vibrant colours and abstract, graffiti-style motifs.

There are two patterns available. The first is titled No Toys Allowed, perhaps to indicate that Toxic's career is no longer a game, as it may have been in his formative years. The second motif,

Eighty/Thirty, commemorates the 80th anniversary of the Pierre Frey brand, founded in 1935, and the 30th year of Toxic's career as an artist.

Fittingly, the launch of the collection coincides with a Parisian museum exhibit that includes four of Toxic's paintings. Pressionism, The Masterpieces of Graffiti on Canvas from Basquiat to Bando, 1970-1990 will be on display at the Pinacothèque through Sept. 13.

A key figure on the graffiti scene in 1980s New York, Toxic painted his first works on trains and walls, using art to draw attention to issues such as racial discrimination and violence.

He was friends with other future stars of the movement including Jean-Michel Basquiat, who was later brought into the spotlight in the art world by Andy Warhol, and Rammellzee.

In 2006, the Brooklyn Museum featured Toxic in its Graffiti exhibit, securing his reputation as one of the leading artists in the movement.

Three years later, his work was also featured in Paris at the Fondation Cartier's exhibit Né dans la rue — Graffiti.

This is not the first time Pierre Frey has collaborated with an artist. In September 2014, the brand invited French actress Louise Bourgoin to create a collection.

AFP

Wallpaper designed by street artist Toxic for Pierre Frey (above and bottom). PIERRE FREY

Codes mean goodbye to lost keys

TECHNOLOGY

'Smart locks' require phones or passcodes

When Christy and Joe Affrunti bought their Long Island, New York, house last year, one of their first projects was replacing the traditional front-door lock with one that opens using a pass code. They were tired of the hassle of "jiggling with a key."

Now, when they need to give someone like a repairman temporary access, they give a temporary code to get in. They share their permanent code with friends; those who arrive at the house before they do, for instance, can "come in and be comfortable instead of sitting in their car," Christy Affrunti says.

"And when we feel too many people have the code, we create a new one and start again," she says. "It's perfect."

High-tech door locks — typically controlled by keypads, phone apps or even the swipe of a finger — could be pushing house keys into oblivion after centuries of trusty service.

"For homeowners, being free from having to carry a key every time they go outside is a lot more liberating than you realize," says Christopher DeSchamp, of the lock company Schlage.

Many lock companies are ramping up their electronic-lock offerings in response to consumer interest.

"People are expecting connectivity and 24/7 accessibility," says Keith Brandon, Kwikset's director of residential access solutions. "Smart locks of whatever variety are becoming more what people are expecting and are interested in."

Michael Tierney, standards co-ordinator for the Builders Hardware Manufacturers Association, which certifies home products, says keyless locks are also safe. "Keyless locks have been in the marketplace for some time now — standalone units for decades, and the connected products for more than 10 years — and have been proven to be safe and reliable," he says.

But choose wisely. Tierney recommends buying only from manufacturers that follow industry standards for security. Protect any passwords connected to the devices, and change batteries as needed.

Schlage has a "kick" sensor that warns customers when someone is trying to break in, DeSchamp says.

Offshoots of the smart-lock industry are cropping up as well. KeyMe, a New York-based company, operates kiosks around the U.S. that let customers make copies of digital keys and store them in the cloud.

Which speaks to the fact that going keyless doesn't totally eliminate the possibility of getting locked out.

DeSchamp says his company offers call-in technical assistance to those who have "lost" their digital keys. Kwikset customers can manage them through the company's website, Brandon says.

And electronic locks are becoming common enough that many traditional locksmiths now know how to service them.

But when all else fails, there's still an old standby: Kwikset's Kevo can be opened with a key. THE ASSOCIATED PRESS

THE NEW DOOR LOCKS

Today's smart locks fit into three categories

1. The most basic are opened by pushing a button or keypads. More sophisticated models allow homeowners to change codes or relegate them to particular users. Entry-level locks cost roughly $70 — about twice as much as a traditional deadbolt.

2. Other keyless locks are operated by phones, either using push-button pads, an app or simply holding a connected phone near the lock. Although it looks like a traditional lock, Kwikset's Kevo is opened with a swipe of the finger.

3. Then there are locks that operate as part of larger "smart home" systems, from home-security systems to thermostats.

THE ASSOCIATED PRESS

Kwikset's Kevo lock, a Bluetooth-enabled deadbolt that turns a smartphone into an electronic key.
KWIKSET.COM VIA THE ASSOCIATED PRESS

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Designer Brian Patrick Flynn used pastel tones and edgy accents to create this rock 'n' roll pastels' lounge. BRIAN PATRICK FLYNN, SARAH DORIO/HGTV.COM/THE ASSOCIATED PRESS

Lighting, edgy pieces revamp pastels

DECORATING

Designers say these subtle shades are due for a comeback

Pastel pink shades pretty up a kitchen. MEREDITH HERON/THE ASSOCIATED PRESS

Pastel colours in a painting brighten up a room. BURNHAM DESIGN/THE ASSOCIATED PRESS

After a long winter, the pastel colours of spring look pretty appealing right now. Cheerful pinks, yellows, greens and blues can seriously brighten up a room.

Decorating with these potentially too-sweet shades can be tricky, but it is worth it in the end.

"Pastels get a bad rap for being super-girly, sometimes being kind of '80s, and for even skewing babyish. But they don't have to be any of those things if you apply them in fresh ways," says designer Brian Patrick Flynn, founder of Flynnside Out Productions.

"Pastels are like Sandra Bullock or a little black dress. They are always going to be in fashion and will remain classic for the masses. I say, use pastels however, whenever, and just be sure to put your own spin on them."

Here, Flynn and two other interior designers — Betsy Burnham of Burnham Design in Los Angeles and Toronto-based designer Meredith Heron — offer advice on making spring pastels work in your own home.

The natural light in a room impacts how a pastel colour actually appears, says Heron.

East-facing windows bring a cool, blue light during the day, while west-facing windows bring in a redder light in the afternoon and at sunset. Heron says south-facing windows tend to offer a yellower light.

"My rule of thumb is to avoid the pastels that correspond to the direction of the light," she says.

"So no pinks in a western-facing room or they will look like something out of an antacid commercial."

> **Pastels get a bad rap for being super-girly**
> Designer Brian Patrick Flynn

Likewise, avoid pastel yellow in a south-facing room and blue in an east-facing one.

The names of paint swatches can tell you a lot. "If something has 'baby' in front of it — baby blue, baby pink — be careful," says Burnham.

You're safer "if you see 'pale blue.' The interpretation can be all kinds of things, from periwinkle to a grey-blue."

If you're drawn to a true baby pink or baby blue on a swatch, consider going with a slight variation on it. Often, on one paint-swatch card you'll find four or five variations on the same colour, some very saturated and others with more grey mixed in.

Consider picking one of the greyer, less saturated shades.

"One pastel is really great," Burnham says.

"It stands out and shines on its own."

But the effect is lost when you bring in additional pastels; you don't want the room to feel like a basket of Easter eggs.

If you're having trouble choosing just one shade, Flynn suggests blue: "Robin's egg blue is probably the most iconic pastel used for interiors," he says.

"Believe it or not, robin's egg is almost like a neutral. It works with almost any colour in the spectrum. I like putting a transitional spin on it by layering it upon itself in different shades and tints. It creates a classic, timeless look that's applicable to all ages, styles and both genders."

Once you've chosen your pastel, it's safest to bring the colour in gently through an accent piece, such as a lampshade or artwork. Or paint your walls a white or grey shade that has just a dash of your favourite pastel mixed in.

In spaces where Flynn uses pastels, he says, "I'm all about adding a ton of edgy elements to make the overall look fresh and anything but sweet."

THE ASSOCIATED PRESS

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Repair cafés fix up busted appliances

SUSTAINABILITY

Effort keeps landfills clear of still-usable gadgets

Is your toaster toast? Old lamp on the blink? Sounds like a job for the Repair Fair.

Volunteer "fixers" in Philadelphia have started offering their skills for free in an effort to promote resourcefulness and sustainability, and to help build a sense of community. Not to mention the satisfaction of mending broken gadgets and appliances, from clocks to typewriters.

But the events are also about "getting people to rethink and not dumping stuff in the landfill just because they can't be bothered," said Philly Fixers Guild co-founder Holly Logan. "Instead of just going out and buying a new one, (put) in some time and elbow grease."

A recent fair drew people from as far as the New Jersey suburbs bearing busted heaters, stereos and kitchen mixers. About half the items were repaired on the spot by tinkerers whose backgrounds ranged from self-taught to a field engineer for Lockheed Martin.

It's an increasingly popular concept. Similar do-it-yourself gatherings called Repair Cafés, affiliated with a Dutch non-profit, have sprung up worldwide over the past few years. More than 700 now operate globally, up from 275 in 2013, according to its website.

The guild-sponsored Repair Fair has been held three times since last fall at various locations in Philadelphia. Its most recent event — held on a recent chilly spring day at Greensgrow Farm — was also its largest so far, attracting about 125 people.

Logan and co-founder Ben Davis describe the fair as a logical outgrowth of their conservation and neighbourhood improvement efforts in the city's Kensington, Port Richmond and Fishtown sections.

It works a bit like a hospital emergency room: Guests fill out a form at an intake table, called triage, where the broken item gets a preliminary evaluation. The case is then assigned to one of nearly 20 fixers, whose specialties range from small electronics and circuit boards to welders, woodworkers, jewelry fixers and people who sew.

"A lot of things aren't made to be fixed, unfortunately," said fixer Ron Baile. "But we'll look at everything that comes in, and we'll try." THE ASSOCIATED PRESS

NEED SOMETHING REPAIRED?

Repair cafés around the province:

- Repair Café, 90 Commercial St., Nanaimo
- Repair Café, 735 Broughton St., Victoria
- Visit: repaircafe.org

Fixer John Metes examines a broken Sunbeam mixer at the Repair Fair at Greensgrow in Philadelphia. THE ASSOCIATED PRESS

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Taking your garden plants on the road

GREEN THUMB

Portable plant ideas include containers, grow bags

People on the move often spurn gardening as a hobby because they have to leave their plants behind. But new innovations and creative ideas are making planters portable and easy to transfer from one location to another.

They store easily and work well for tight spaces, too. Adaptable and flexible planters with wheels, handles or other movable parts fit these needs, as do lightweight, durable products, said Susan McCoy, founder of Garden Media Group in Kennett Square, Penn. Or think modular containers that fit together and come apart like LEGOs.

"They're extremely versatile and can be used indoors or outdoors, individually or in multiples, on tabletops or hanging on a wall, and can be expanded as enthusiasm for gardening grows," McCoy said.

The new products are aimed at "those who prize freedom over home ownership," she said, including retirees and empty nesters, as well as young people who haven't settled down.

They "can barely commit to a single place, let alone a permanent plot of land," McCoy said. "Portable gardening gives everyone a chance to grow something, no matter where you live. And it's fun to see gardens pop up in the most unexpected places."

Movable planters are excellent for raised beds, which make gardening more accessible, particularly for those who don't like bending over or have physical limitations.

"We push grow bags as great for apartment living, as they store well and you can take them with you if you're not in permanent housing," said Maree Gaetani, a spokeswoman for Gardener's Supply Co. in Burlington, Vt.

Millennials in particular (those age 18 to 35) are showing interest in portable gardening, including on a roof, deck or patio, Gaetani said.

Many kinds of containers can be converted into portable planters, from wheelbarrows to milk cans to bushel baskets. Other examples? Hard-sided suitcases, little red wagons, coal scuttles, recycled shopping carts, discarded tricycles and bicycles. All can be moved cross-country, across town or simply shifted from one side of the patio to another to follow the sun.

Keep your eyes open and creative juices flowing when shopping for inexpensive items at craft shops, antique stores and yard sales.

Portable home gardens also can be carried indoors when the season turns cold or when threatening weather is forecast.

"We're finding that across ages and incomes, people want to grow their own, even if they only have a small space and may be at a transient point in their lives," Gaetani said. "This is where aging baby boomers and younger gardeners intersect."

THE ASSOCIATED PRESS

Old hard-sided suitcases (top) and an old cart (right) make innovative plant beds.
DEAN FOSICK/THE ASSOCIATED PRESS

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Thursday, April 23, 2015

Baertschi set to lace up skates for playoff debut

VANCOUVER

Former Flames prospect expected to face his old team

Cam Tucker
Metro | Vancouver

The Canucks face elimination and it appears Sven Baertschi will get a chance to make his Stanley Cup playoff debut against his former team, the Calgary Flames, in a game Vancouver must win to continue its season.

Acquired at the trade deadline from Calgary, Baertschi would enter the series with the Canucks not only needing a win in Game 5 at Rogers Arena, but also with a growing inability to produce goals as this series has gone along.

The Canucks see Baertschi as a potential top-six forward. He's got offensive potential and has shown that in his stints with Vancouver's farm team in Utica.

On Wednesday, in what was supposed to be an optional practice after returning home following two losses in Calgary, Baertschi skated on a line with Nick Bonino and Radim Vrbata.

All signs point to the 22-year-old Swiss winger, who made the trek out from the East Coast to Alberta and then to Vancouver with the team, getting in the lineup.

Sven Baertschi says it would be "something real unique, especially in the playoffs" to face the team that traded him. MARIANNE HELM/GETTY IMAGES

"I think anybody that got traded to a different team or switched teams, it's always good to come back and play against your old teammates," said Baertschi, officially recalled to the Canucks on Tuesday morning, prior to the Game 4 loss in which he was a healthy scratch.

"It's something real special. It's something real unique, especially in the playoffs."

Despite travelling and the time change, Baertschi said he was prepared to play Tuesday.

The Flames, a mostly youthful lineup without much experience in the playoffs compared to the Canucks, have gotten a boost from the addition of 18-year-old Sam Bennett into the lineup. Michael Ferland, 23, has given the Flames a serious charge and been a pain for the Canucks all series.

Down, and one loss away from being out, the Canucks need a spark. Baertschi, with added motivation, could be the one to provide it.

"I'm preparing for a game. I know it's an important game but I'm not going to put that extra pressure on me," said Baertschi.

"I just want to play the way I can play and that's create something offensively and be solid defensively. That's all I can do."

INJURY NOTE

Burrows still in Calgary, out for series

Alex Burrows will not play again in this series, head coach Willie Desjardins confirmed.

The veteran winger was injured during the morning skate on Tuesday, and taken to hospital in an ambulance shortly after. He was expected to be released from hospital later that evening, the club said on Twitter.

Burrows is still in Calgary, said Desjardins.

"It's nothing to worry about. It's not. It's just kind of a comfort thing."

CALGARY

Flames aren't about to let up

The Calgary Flames head to Vancouver with a magic number in mind.

"We need four. We need four," head coach Bob Hartley said.

That's four wins, which the Flames are one away from heading into Game 5 on Thursday against the Canucks.

The Flames lead the best-of-seven Western Conference quarter-final 3-1. Calgary has three opportunities to get No. 4 and close out the series.

After splitting the first two games of the series in Vancouver, Calgary wrested home-ice advantage away from the Canucks with back-to-back wins at the Scotiabank Saddledome.

Game 6, if necessary, would be Saturday in Calgary and if the series goes to a Game 7, it concludes Monday in Vancouver.

The last time the Flames advanced beyond the first round of playoffs was in 2004 en route the Stanley Cup final, where they lost in seven games to the Tampa Bay Lightning.

90.2

According to the Elias Sports Bureau's statisticians, teams leading 3-1 in a best-of-seven win the series 90.2 per cent of the time (249-27)

Calgary has momentum after what assistant captain Dennis Wideman says was their best performance of the series in Game 4 to win 3-1.

In addition to goals scored, the Flames were the superior team in blocked shots, faceoffs won, takeaways, hits and special teams.

The Canucks looked worn down and didn't engage in the sending-a-message belligerence they did at the end of Games 2 and 3.

A return to Rogers Arena could inflate their tires Thursday. No team wants to be an easy out.

"We've put ourselves in a good position, but good position doesn't give you any rights right now," Hartley said Wednesday.

THE CANADIAN PRESS

PITTSBURGH

Rangers push Pens to brink with OT win

Kevin Hayes scored at 3:14 of overtime to give the New York Rangers a 2-1 victory over the Pittsburgh Penguins on Wednesday night in Game 4 of the Eastern Conference first-round series.

The Rangers lead the series 3-1 heading back to New York for Game 5 on Friday night.

Derick Brassard also scored for New York while Patric Hornqvist tallied for Pittsburgh.

Fleury and New York's Henrik Lundqvist each made 22 saves on the night.

The Rangers have won 12 of their last 13 on the road, allowing 15 goals.

THE ASSOCIATED PRESS

2

Nine of the last 11 playoff games between the two teams have been decided by two or fewer goals

WINNIPEG

Ducks break out brooms to sweep Jets

The Winnipeg Jets were eliminated from the NHL post-season after a four-game sweep by the Anaheim Ducks.

Ryan Kesler scored twice in the third period as the Ducks beat Winnipeg 5-2 in Game 4 at MTS Centre. Andrew Cogliano, Emerson Etem and Sam Vatanen — into an empty net — also scored for Anaheim. Bryan Little and Mark Stuart had goals for the Jets. THE CANADIAN PRESS

OTTAWA

Sens beat Habs to avoid series sweep

Mike Hoffman scored in the third period and Craig Anderson made 28 saves for the shutout as the Ottawa Senators downed the Montreal Canadiens 1-0 on Wednesday night to stay alive in their first-round NHL playoff series.

Montreal leads the best-of-seven series 3-1 and can wrap it up on home ice Friday night..

It was the fourth straight game the Senators scored first, but this time, the Canadiens never answered. THE CANADIAN PRESS

The Senators' Mike Hoffman celebrates scoring on Wednesday. THE CANADIAN PRESS

RECIPE Bok Choy Salad with Mandarin Oranges and Ginger Dressing

EAT LIGHT AT HOME
Rose Reisman
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@rosereisman

Ready in
Prep time: 15 minutes
Serves: 6

Ingredients
- 6 oz extra firm tofu cut into cubes
- 12 oz baby bok choy, trimmed and sliced
- 2 green onions, chopped
- 1/3 cup dried cranberries
- 1/2 cup fresh or canned and drained mandarin segments
- ¼ cup toasted sliced almonds
- 3 Tbsp chopped cilantro or parsley dressing
- 1/3 cup minced red onion
- 2½ Tbsp vegetable oil
- 2½ Tbsp rice wine vinegar
- 2½ Tbsp water
- 1½ Tbsp ketchup
- 1 Tbsp minced ginger
- 1 Tbsp light soy sauce
- 1½ tsp sesame oil
- 1½ tsp granulated sugar
- 1½ tsp lemon juice
- ½ tsp minced garlic

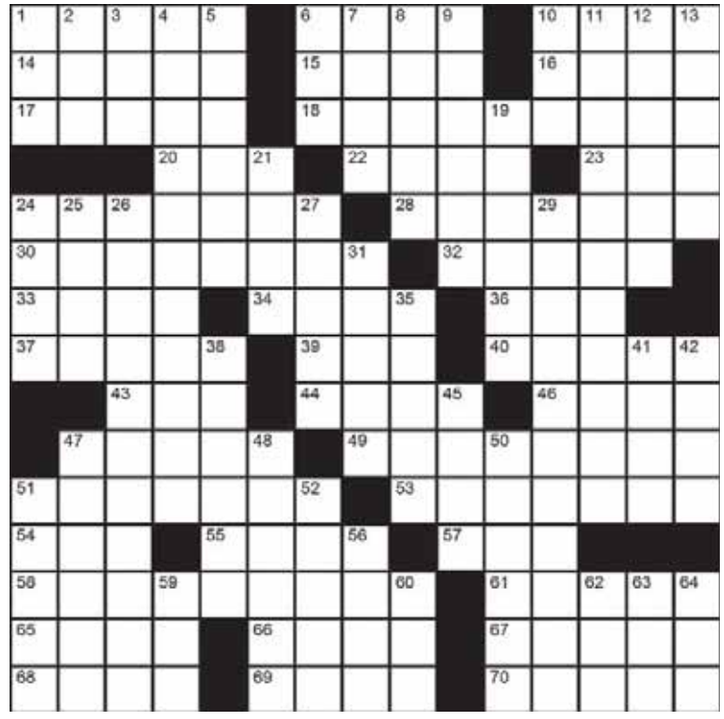
Directions
1. In grill or sauté pan, sear tofu cubes just until browned on both sides, about 5 minutes. Set aside.
2. Place bok choy, green onions, cranberries and mandarins on serving platter. Garnish with almonds and cilantro.
3. Dressing: In small bowl or food processor, puree all ingredients until smooth. Pour over top salad and mix well. Add tofu.

Nutrition per serving
- Calories 186 • Protein 8.6 g
- Carbohydrates 14.0 g
- Fibre 2.2 g • Total fat 11.6 g
- Saturated fat 0.8 g
- Cholesterol 0 g
- Sodium 169 mg

PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Uses the text-thickening function
6. Thunder god
10. First word of Virgil's epic Latin poem Aeneid
14. Streamlet
15. Sulk
16. Casual affirmative
17. Dylan __, "Orphan Black" star
18. Saskatchewan town southwest of Saskatoon
20. One-eighty turn, slangly
22. Eminem's Shady
23. Canuck, curtly
24. Smokestack
28. Growled
30. Kiesza hit
32. "Wavin' Flag" singer
33. 'Konvicted' rapper
34. Chocolate/toffee Hershey bar
36. Don't hire a pro, e.g.
37. U.S. airline
39. U.S. state, e.g.
40. "Happy Days" name
43. Cleveland NBA-er
44. Herman Melville: Captain in Billy Budd, Sailor
46. "Weeell?"
47. "Mack the Knife" singer Bobby
49. "Steal My __" by Canadian group Len
51. Many are exhausted after one: 2 wds.
53. Mr. Cage
54. Prefix meaning 'Outer'
55. Caustics
57. Stock index, with Jones
58. Bugs living under a rock, as an example of one
61. __ and Sara (Music duo from Calgary)
65. Marching instrument
66. Office memo abbr.
67. Prefix meaning 'Rainbow'
68. Gentle
69. British Columbia's __ National Park
70. Plus

DOWN
1. Consumer protection agcy.
2. Lisa __, Canadian etiquette expert
3. "__ Grant"
4. April 23rd to May 3rd, 2015: Canadian International __ Festival, in Toronto
5. British Columbia river
6. Online celeb gossip source
7. Cultivates
8. Some stones
9. Fix a chain, say
10. Ms. Rand
11. Some of Prince Edward Island's 'land'scape is distinguished by it: 3 wds.
12. Fairytale figure
13. Lend __ (Help out)
19. Christopher Plummer's actress daughter
21. Archery bow trees
24. Country of Africa
25. Go backpacking
26. Viewer voting leads to a new one each week on Ryan Seacrest's show: 2 wds.
27. Comedy's Mr. Smirnoff
29. Song by Canadian singer Pagliaro, fitting for April's weather
31. Yesteryears
35. Already-shown show
38. In a keen manner
41. Charlie Chaplin's last wife
42. Negative replies
45. Barenaked Ladies song
47. Rucellai Madonna painter
48. Oppose/reject
50. Nova __
51. Bellyaches
52. Bryan Adams' "The Best Was __ __ Come"
56. Comic actor Mr. Green
59. Kit
60. Telephone trio
62. Soldiers
63. 'Block' suffix
64. Negative word

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Everyone gets things wrong once in a while and you are no exception. If you make an error of judgment today – and you will – don't try to deny it. Accept your mistake then set about putting it right.

Taurus April 21 - May 21
With the Sun in your sign your confidence is high, but you still have a vague feeling that everything could fall apart at any moment. Don't worry, it won't, but your intuition could be telling you something. What could it be?

Gemini May 22 - June 21
This is a time for reflection, a time for looking back over the previous 12 months or so and learning what you can from both your successes and your failures.

Cancer June 22 - July 23
Someone who is usually very open with you will be secretive for no good reason today, but don't take it to heart because it is unlikely to have anything to do with you personally.

Leo July 24 - Aug. 23
Anyone who thinks they can take advantage of your trusting nature will soon learn that you are not so easily deceived. Trusting you may be, but stupid you are not – as they will find out to their detriment today.

Virgo Aug. 24 - Sept. 23
If your intuition tells you to follow a certain course of action then do so even if everyone else thinks you are mad. Listen to that little voice inside your head – and close your ears to everything else.

Libra Sept. 24 - Oct. 23
If you ask someone for a favor today chances are they will be more than willing to help you out. But don't expect to get what you want for free.

Scorpio Oct. 24 - Nov. 22
Personal problems may seem much bigger than they actually are at the moment, so wait until the weekend before making important decisions.

Sagittarius Nov. 23 - Dec. 21
You have so much to do but time is limited, so don't waste even a second on things that are not connected to your long-term ambitions.

Capricorn Dec. 22 - Jan. 20
Seize the initiative today and let everyone around you know that you intend to take what it is you desire rather than wait for others to give it to you. The Sun in Taurus makes all things possible.

Aquarius Jan. 21 - Feb. 19
Don't be surprised if you feel a bit moody today, even though most things in your life appear to be going well at the moment. You will be back to your normal self come the weekend.

Pisces
Feb. 20 - March 20
You don't need to pound rivals into submission, not when your way with words is such that you can sweet talk them into doing whatever it is you desire. Whether your words are sincere is another matter entirely, of course.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

		8		1		7		
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9				4				3
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